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Pre-season preparation

Game on for Riders: The second week of training camp is underway in Saskatoon PAGE 2

HANGING UP HIS SPACE SUIT

CHRIS HADFIELD SAYS HE'S RETIRING FROM THE CANADIAN SPACE AGENCY AND MOVING BACK TO CANADA FROM HOUSTON PAGE 4

THINGS'LL BE GREAT DOWNTOWN

Regina's downtown core is becoming a popular place to be, and as summer approaches, the Regina Downtown Business Improvement District is doing its part to keep the flow going. Story, page 2. ALYSSA MCDONALD/METRO

Annexation plan gets the green light from council

Unanimous vote. City approves plan regarding RM of Sherwood to accommodate population growth

ALYSSA MCDONALD
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Regina city council voted unanimously on Monday to move forward with their plans to annex the urban-rural fringe of the Rural Municipality of Sherwood to secure room for the city's population growth.

This gives the city the go-ahead to start the process of applying for annexation — built off their Official Community Plan (OCP) called Design Regina — even though Mayor Michael Fougere says the city and the RM are not seeing eye-to-eye.

"It's pretty obvious we are not agreeing on everything," said Fougere. "That is pretty clear to me, and pretty clear to everyone that is looking and listening."

During the council meeting, Fougere brought up three OCP meeting dates within the last three months that the RM of Sherwood administration were present.

Fougere also says their OCP plans — released on May 30 and which include using the fringe space southeast of Regina for a mega-project development called "Wascana Village" — include the annexation, which is part of a sustainable long-term growth plan to accommodate Regina, if and when it reaches a population of 500,000.

The council added several items since passing the recommendations executive committee meeting on May 29, including giving the city manager the authority to finalize the description of the boundaries and getting city administration to look at the tax rates changes and losses.

There will also be a public city council meeting, tentatively scheduled for Aug. 22, when the city hopes to have a joint resolution with the RM of Sherwood.

"We have given information to them to explain why we see going this way and hopefully they understand," said Fougere.

Fallout in data-leak case

Speculation swirls around the next move for an ex-CIA tech expert who leaked details of top-secret U.S. surveillance programs PAGE 3

Still rollin' like a Rivers, 80 years on

The 'Police brutality' is as acerbic as ever when it comes to comedy queen Joan Rivers PAGE 7

Make a splash with yoga this summer

This special sequence for swimmers will ensure better technique and stamina in the pool PAGE 9

Big gown hunter

Randy Fenoli of the popular reality series Say Yes to the Dress is on a mission to make every bride's special day a dream come true PAGE 15

NEWS 1

Roughriders' focus shifts to execution as season closes in

Game-day mindset. Saskatchewan prepares for upcoming preseason battles with Stampeders, Eskimos

MORGAN MODJESKI
Metro in Saskatoon

The Saskatchewan Roughriders' 2013 training camp kicked off its second week on Monday morning and head coach Corey Chamblin said it's time for players to shine.

Chamblin explained that while the first week of training camp was used for assessment and evaluation, the second week is all about execution.

"Now that we're going in to the second week, we want to prepare these guys and get their mindsets ready for a game heading into these preseason games," he said.

He noted the upcoming preseason games against the Edmonton Eskimos and Calgary Stampeders changed the environment for the team.

"One of the biggest things that I've been telling them is to make sure they go out there and play full-speed and make sure they show what they can do," said Chamblin.

"We're just trying to make sure we're getting in the mindset of how to play football games (and) that we're an intelligent football team."

The Roughriders' first preseason game is scheduled for June 14 in Edmonton with kickoff at 7 p.m.

Quarterback Levi Brown looks downfield at Monday's afternoon practice at Griffiths Stadium in Saskatoon as the Riders enter their second week of training camp. MORGAN MODJESKI/METRO IN SASKATOON

Kory Sheets

Forgetting a Rider's rough off-season

The Riders are ready to put the tumultuous off-season of running back Kory Sheets behind them.

Sheets was charged with domestic battery near Tampa, Fla., on Jan. 18 after police were called to a home in the area.

The state decided not to prosecute the case after Sheets successfully completed a domestic violence program.

"The Saskatchewan Roughriders were made aware of an incident involving Kory Sheets earlier in the year. As an organization, we have followed the process closely and have been assured the proper steps have been taken," the team said in a statement.

Sheets rushed for 1,277 yards and 11 touchdowns last season.

CKOM/THE CANADIAN PRESS

Downtown events entice Regina residents

Music, chess, Frisbee, salsa ... there is a lot happening this summer in downtown Regina.

Whether you want to relax and listen to some tunes during the weekday lunch break, watch a movie under the stars or do yoga in the park after work, the Regina Downtown Business Improvement District (RDBID) wants residents to see what the area has to offer.

"We are starting to get more of that urban vibe going on, where people want to come down and hang out," said Leasa Gibbons, manager of marketing and communications for RDBID.

"It's becoming the cool place to be again, which is great."

RDBID plans their own events — including Wednesday night's Cinema Under the Stars, starting in July, and Thursday's lunchtime concert series on the F.W. Hill Mall stage — and partners with other organizations and community groups to bring activities downtown.

Their downtown stage is also used for other events, like this weekend's Regina JazzFest, and they also plan on having Friday night entertainment for the first time this year.

"We are trying to find out what everyone's sweet spot is," said Gibbons.

ALYSSA MCDONALD/METRO

Summer in the city

- **Drop-in one-hour yoga at Victoria Park.** Thursdays at 5 p.m.
- **Chess in the park.** Tuesdays at 11:30 a.m. until 1:30 p.m.
- **Ultimate Frisbee Boot Camp.** Tuesdays at 5:15 p.m.
- **Words in the Park.** Wednesdays at noon, starting July 3
- **Summer concert series.** Thursdays at noon, starting June 27
- **Salsa on the Plaza.** Thursdays at 7 p.m., starting July 13

Southeast Sask.

Funnel clouds spotted, tornado warning issued

Two funnel clouds were spotted near Saltcoats in southeastern Saskatchewan on Monday.

Environment Canada had issued a tornado warning around 11:30 a.m., but lifted it about two hours later.

The areas affected included the Rural Municipality of Saltcoats, Bredenbury, Churchbridge, Calder and Wroxton.

A warning means funnel clouds have actually been spotted.

Witnesses were posting photos on the Internet almost as quickly as the weather changed.

THE CANADIAN PRESS

Justin Knackstedt

Officer given Award of Excellence posthumously

A Saskatchewan conservation officer killed last month when he stopped to help police with a car crash has been honoured posthumously.

The province has recognized Justin Knackstedt with the Saskatchewan Award of Excellence.

Justin Knackstedt
CONTRIBUTED

Knackstedt died May 31 after he was hit by a driver who was allegedly impaired and fleeing from police.

THE CANADIAN PRESS

Film competition

Regina's WolfCop snags $1M prize

The Regina-based film concept WolfCop has killed the competition, taking the top CineCoup Film Accelerator prize. They walk away from the competition with $1 million in funding for their film and guaranteed distribution. METRO

‘Extraordinary gift’. Mandela’s condition ‘unchanged’ in hospital

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as a “gift” to South Africa.

As family members visited South Africa’s first black president in hospital, the government announced — in only the second communication on Mandela since he was hospitalized on Saturday — that his condition was “unchanged.”

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as “the beloved father of our nation” and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peacemaking role when white racist rule ended in South Africa.

Mandela “once again endures the ravages of time in hospital,” said the Cape Town-based foundation, which was founded by Tutu and his wife Leah to promote peace. “We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength.”

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and Mandela became president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of his compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era. “We send our blessings to the doctors and nurses responsible for his care,” Tutu’s foundation said. THE ASSOCIATED PRESS

A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg, South Africa. Mandela was in serious, but stable condition in a Pretoria hospital for the third day Monday with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

What’s next move for admitted leak source?

Surveillance. Top Hong Kong law enforcement official suggests it would be wise if Edward Snowden left town

This photo provided by The Guardian newspaper in London shows Edward Snowden, who worked as a contract employee at the National Security Agency, on Sunday in Hong Kong. The Guardian identified Snowden as a source for its reports on intelligence programs after he asked the newspaper to do so. THE GUARDIAN/THE ASSOCIATED PRESS

An apparent international cat-and-mouse game was in play Monday following the confession of Edward Snowden, a former CIA tech expert who leaked details of top-secret American surveillance programs to two news organizations and then hunkered down in a Hong Kong hotel.

Snowden, 29, stepped forward over the weekend as the source of leaks to Britain’s The Guardian and the Washington Post about the U.S. government’s sweeping monitoring of cellphone logs and web servers.

Hong Kong has an extradition treaty with the U.S., but China has the ultimate say over extradition requests in cases where the country’s foreign interests could be at stake. Snowden said he chose Hong Kong because of its “strong tradition of free speech.”

“The only thing I can do is sit here and hope the Hong Kong government does not deport me,” Snowden told The Guardian.

Snowden reportedly checked out of a Hong Kong hotel on Monday. His subsequent whereabouts were not immediately known, but a top-ranking official in Hong Kong law enforcement suggested in a statement that Snowden would be wise to leave the city.

Hong Kong is “obliged to comply with the terms of agreements” with the U.S. government, including extraditing fugitives, said lawmaker Regina Ip, who was once the city’s top security official.

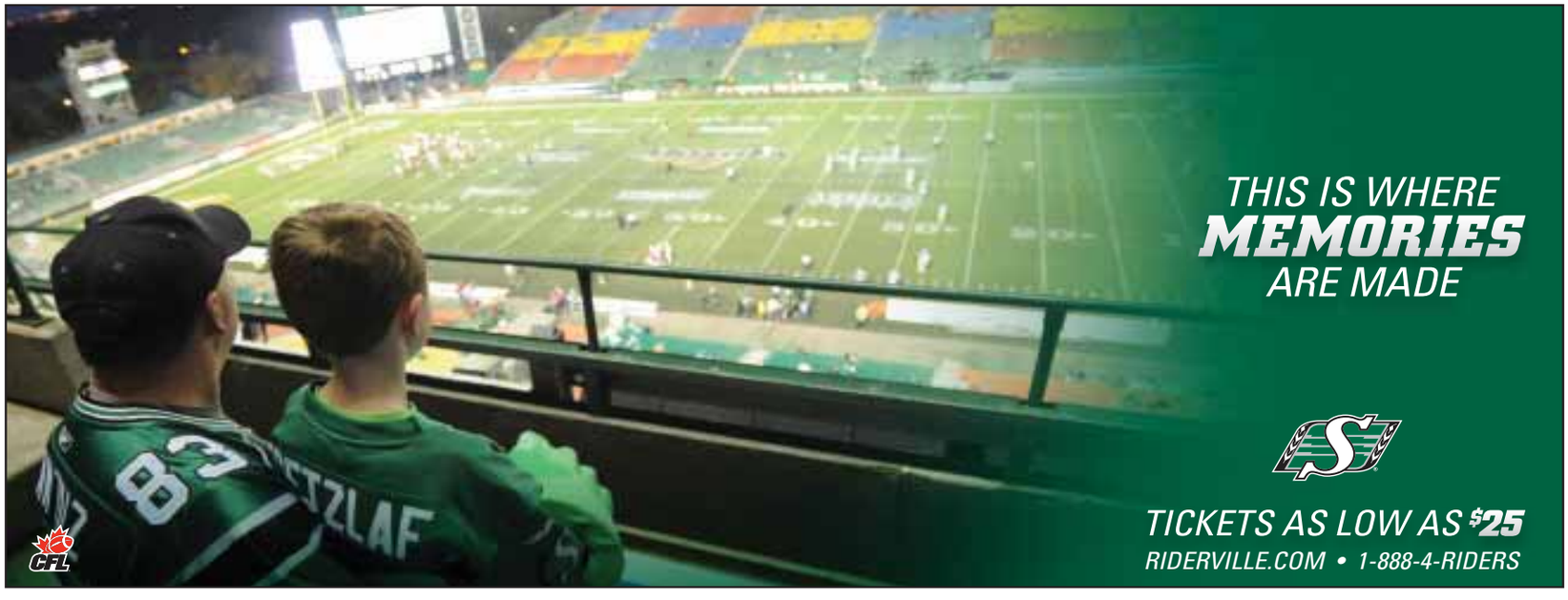
THE CANADIAN PRESS

Where to now?

Snowden turning to Iceland?

Iceland has always attracted outsiders. It has welcomed chess master Bobby Fischer, WikiLeaks’ Julian Assange and advocates of the Pirate Party. Could its next guest be Edward Snowden?

In an interview published Sunday, Snowden floated the idea of heading to Reykjavik. He told The Guardian that he was inclined to seek asylum in a country that shared his values — and “the nation that most encompasses this is Iceland.” THE ASSOCIATED PRESS



Nuclear liability. Feds propose raising cap to $1B from $75M

Nuclear operators will face a liability ceiling of $1 billion, up from the current $75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another $450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. THE CANADIAN PRESS

Health

New rules ready for medical marijuana

After two years of study, Ottawa has finalized new rules for medical marijuana and granted a reprieve to pharmacists who opposed the rules in their draft form.

Under the new regime, the government will no longer produce or distribute medical pot, and medical marijuana users will no longer be allowed to grow the product at home. The government will allow patients to buy prescribed amounts only from licensed growers.

THE CANADIAN PRESS

Star astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters, near Montreal.

Win some, lose some
5%
Hadfield says he's lost up to five per cent of his bone density in some areas. But, because he exercised two hours a day while in space, he's able to bench-press more than he used to.

Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. PAUL CHIASSON/THE CANADIAN PRESS

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't decided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his recent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video.

THE CANADIAN PRESS

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LOOKING TO MAKE A CAREER CHANGE?
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Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

Alcohol ads influencing teen girls, medical journal says

Risks of drinking. Health warnings should be put in ads, editorial argues

A medical journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads.

The editorial in this week's issue of the Canadian Medical Association Journal says health warnings should be embedded in alcohol ads, so that young girls understand the risks of drinking.

The author, Dr. Ken Flegel, says parents should also model responsible alcohol consumption for their children.

The editorial says studies from the U.S. show that alcohol advertising aimed at young women is being viewed more commonly by young girls. The studies also show that increased exposure to alcohol advertising is linked to an increase in drinking in adolescents.

THE CANADIAN PRESS

Unhappy shareholders. Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday. But the dissent against leaders shows how the company continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

The company also is being pressured to increase its oversight of factories abroad following a building collapse in April in Bangladesh that killed more than 1,100 garment workers. Walmart wasn't using any of the factories in the building at the time of the collapse, but it is the second-largest retail buyer of clothing in Bangladesh.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the company's board.

THE ASSOCIATED PRESS

Walmart CEO Mike Duke speaks at a company shareholders' meeting in Fayetteville, Ark., on June 7. GARETH PATTERSON/THE ASSOCIATED PRESS

Transition

Lululemon starts search for new CEO

Lululemon Athletica Inc. says it will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain with the retailer while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

Market Minute

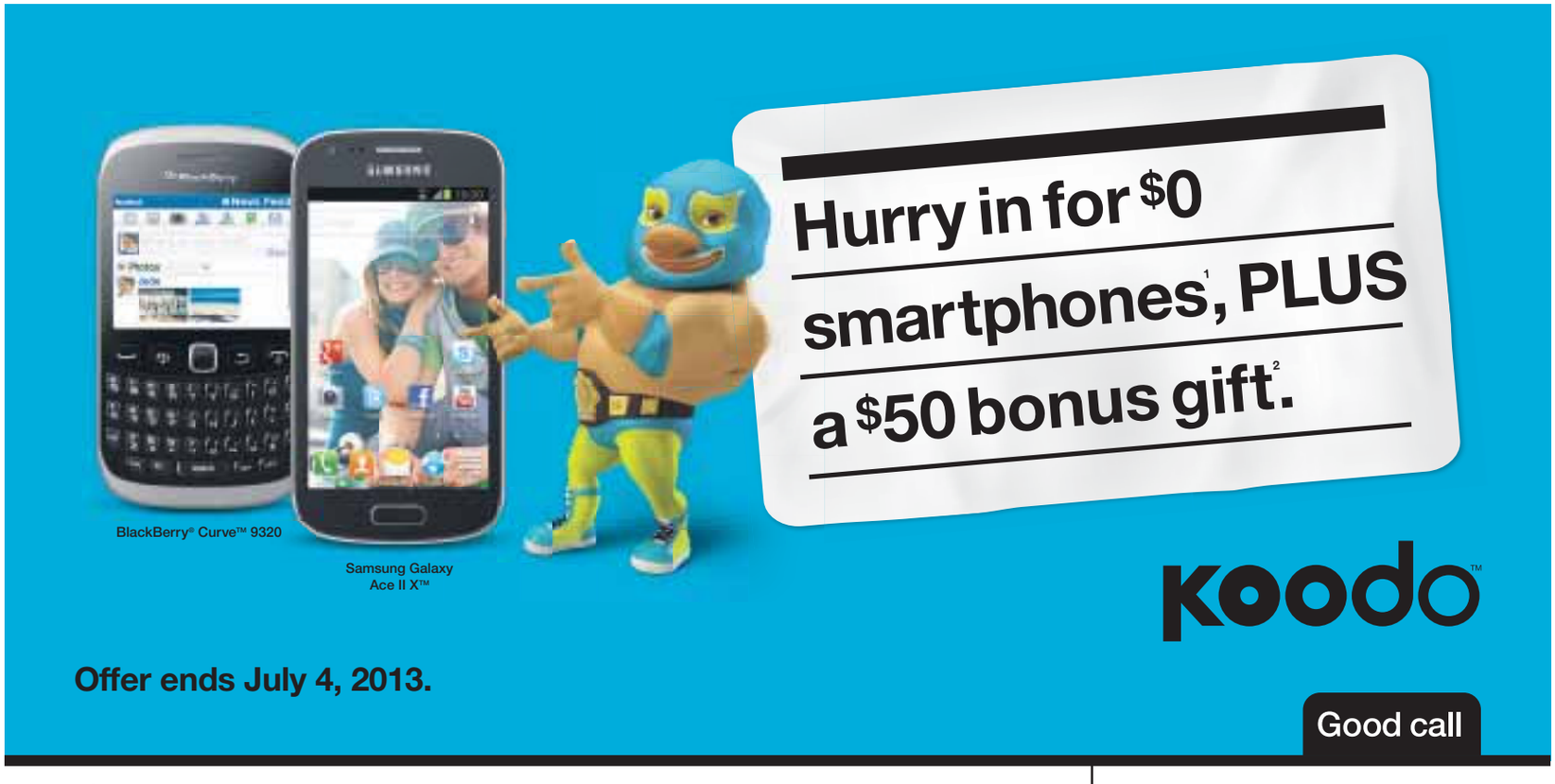
DOLLAR 98.14¢ (+0.08¢)

TSX 12,382.67 (+9.37)

OIL $95.77 US (-26¢)

GOLD $1,386 US (+$3)

Natural gas: $3.80 US (-3¢)
Dow Jones: 15,238.59 (-9.53)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WHY THE #@$% CAN'T I SWEAR?

SHE SAYS

Jessica Napier
metronews.ca

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the overreacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown confrontation over our $18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Duck's swan song in Hong Kong

IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. METRO

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijn Hofman
Dutch conceptual artist

Florentijn Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:
One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:
An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq :
AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

Hopefully they retweet!

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does.

Follow @metropicks and take part in our daily poll.

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Send us your comments: reginaletters@metronews.ca

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Joan and Melissa Rivers continue to sound off on fashion faux pas on their show Fashion Police. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey.
Show biz veteran talks about her decision to do Fashion Police and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine.

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to stage a Joan Rivers "takeover." Its regular one-hour edition of Fashion Police (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of Fashion Police, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver shrewd analysis as well as piercing gibes at red-carpet infractions.

But Fashion Police is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a Crash Magazine party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers" are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!"'

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy

This is the End

Directors. Evan Goldberg and Seth Rogen

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Based on a short from 2007 called Jay and Seth vs. The Apocalypse, Rogen and Goldberg have cobbled together a comic gem in This is the End. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a little stale, this one is as fresh and fun as Pineapple Express — complete with a camcorder-filmed Pineapple Express sequel.

LIZ BROWN

Comedy

This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The yellow brick road is littered not just with potholes (as we alarmingly learn in Oz the Great and Powerful), but also the broken bones of previous attempts to reconjure the magic of Victor Fleming's 1939 classic film and the source Oz novels by L. Frank Baum. But this return trip to the Emerald City makes a relatively safe landing — perhaps too safe for fans of director Sam Raimi's Evil Dead and Spider-Man franchises, which played with genre expectations. It's both a strength and a weakness of Oz the Great and Powerful to be a true prequel, one that foregrounds James Franco as the wizard but otherwise doesn't monkey too much with Oz mythology or the 1939 movie that everybody has seen. The story is constructed with monochrome-to-colour transitions and Kansas-to-Oz character links that follow a familiar path.

PETER HOWELL

Hansel and Gretel: Witch Hunters

Director. Tommy Wirkola

Stars. Jeremy Renner, Gemma Arterton

Once you get past the mildly amusing idea of a grown-up Hansel (Jeremy Renner) and Gretel (Gemma Arterton) seeking violent payback for childhood trauma, the joke gets old very quickly. You see one exploded head or bullet-ridden hag, you've seen 'em all. The film isn't funny enough for comedy or scary enough for horror, and the anachronisms are ludicrous. The story is set in a medieval European village, but Hansel packs a machine gun and also takes insulin jabs for the sugar addiction forced upon him by an evil witch.

PETER HOWELL

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Will Smith. ALL PHOTOS GETTY IMAGES

Will there be life after Earth?

Will Smith is doing his best to laugh off the disappointing box office performance of his latest film, After Earth, which opened in third place its first weekend before dropping to No. 7 its second. "Now let's be honest. Three is the new one," he jokes during an interview with Jimmy Kimmel. "Do you know how many ones it takes to make a three?" On a more serious note, Smith admits the news was hard to take that opening weekend. "Oh man, that was tragic," he says. "It's been almost two decades since I had a movie that wasn't No. 1."

You won't find him in da club

Sometimes it's not so easy for Justin Bieber to have a good time. The Canadian pop star was refused entry at Lure nightclub in Hollywood this weekend, according to E! News. "Someone from Justin's team had come earlier in the day and told the club that he would be showing up. The club told him they wouldn't let him in because he's not 21," a source says. "Bieber came anyway and tried to sneak in through a back door." But his plan was no match for a well-intentioned shout-out from rapper the Game: "The Game was on the mic at this point and saw Bieber trying to get in and shouted that Bieber was on his way inside," the source explains. "That's when security saw him and escorted him out immediately. He left right away. He seemed really embarrassed."

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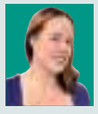
The Word

Go to heel: Sarah gets her foot in the shoe biz door



THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in Sex and the City, is launching her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to Vogue, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left. As for the SJP line, "It's sort of soup to nuts," she tells the magazine.

"You put on a shoe and you put on a coat and you wear a bag and, on the outside, when you're walking down the street, they really can tell the same story about yourself."

And that story is: You have a lot of money (or at least a high credit line) as the shoes will range from $200 to $300, and bags will likely sell for around $700.

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Prince Harry

Prince Harry moonlights as Prince Charming

Prince Harry is living up to his title, at least according to one fellow soldier who claims the young Royal came to his defence after receiving threats from other soldiers over his sexuality. Lance Corporal James Wharton writes in his new memoir, Out in the Army, about an incident during training in Canada in 2008 when six other men threatened to attack him. "I told him: 'I think I'm about to be murdered by the infantry,'" Wharton recalls. "He had a complete look of bewilderment on his face. I didn't hold back: I told him everything that had gone on. I couldn't stop the tears from welling up in my eyes. He said, 'Right. I'm going to sort this s— out once and for all.' Harry climbed out of the tank and started having a go. I worried he was about to make the whole thing worse, but he wasn't holding back. Prince Harry was sticking up for me and putting a stop to the trouble. I had been on track for a battering and had been rescued."

Amanda Bynes

Is an Amanda Bynes rap album in our future?

At least someone is taking Amanda Bynes' claims that she should make a rap album seriously, as Daniel Herman of Chinga Chang Records says he has offered the troubled starlet a deal. "I cleared the project with the Orchard and Sony Entertainment, and they gave me the green light to go ahead," Herman tells Radar Online. "The fact that Amanda wants to do hip hop music means that Chinga Chang is the best place for her to do this." Herman, who has "reached out to Amanda's attorneys to negotiate the deal," is already looking to get her first hip hop feud up and running: "I think she's more gangster than Drake," he says.

Twitter

@JuddApatow
I can ruin a full day of healthy eating and exercise in the thirty seconds right before my face hits the pillow.

@ElizabethHurley
On way to Moscow. Two hours sleep. zzzzzz on flight.

@pattonoswalt
The way I feel about TV on Sunday is the way I used to feel about movies on Friday. TV is better than movies now. Accept it and drive on.

Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA McGUINNESS
life@metronews.ca

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis. "But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shallow and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally. This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breath) and a vital warm up for the lungs."

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

YOGA FOR SWIMMERS SEQUENCE

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear leg up until it is parallel with the floor. Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.

Revolved triangle with a block

Stand with your feet hip distance apart. Step back one leg length with your left leg and turn your left foot outward 45 degrees, aligning your heels. Square your hips forward and place your right hand on your hip. Lift your left arm up into full extension and lean forward, keeping your back flat and arm reaching straight out in front of you. Place your left hand on the floor at the outer edge of your front foot. Extend your chest, and then press your left hand into the floor to spiral your chest open. Extend your right arm straight toward the ceiling. Stack your shoulders and gaze upwards. Repeat on the opposite side.

Double pigeon with a block

Begin in comfortable seat. Stack your right lower leg on top of your left so your right heel rests on your thigh directly above your left knee, while your right knee is stacked on top of your flexed right foot. Sit up tall and hold for eight breaths. Repeat on the opposite side.

Reclined bound angle

Begin on your back, with your knees bent wide and the soles of your feet together. Bring your heels as close to your pelvis as you comfortably can. Lift your chest and draw your shoulder blades down your back to lengthen your neck. Take your arms wide with your palms facing up.

Pain relief 101: know your meds

Health issues. Opioids can be highly addictive and anti-inflammatory drugs have been linked to a whole list of health issues

You may have joint pain but get to know the issues with your medications before taking anything. NEWS CANADA

'Tis the season to get outside and enjoy the sunshine with friends and family. But for the 10 per cent of Canadians that The Arthritis Society says are living with osteoarthritis (OA), enjoying the warm weather isn't always easy. Activities such as biking, golfing and gardening, for example, may be a challenge if they are suffering with chronic knee pain.

"The pain of knee OA can not only impact one's lifestyle, it can also have negative effects on productivity at home and at work, and on emotional health," says Dr. Philip Baer, Rheumatologist. "Working with a doctor to develop an individualized treatment plan can help patients with knee OA better manage their pain, so they can reconnect with their lives."

While there are a number of medications available to reduce the pain and discomfort associated with OA of the knee, it's important to ensure that pain is managed in the safest way possible. Following these tips can help.

Know the risks

There are risks associated with some pain relievers. Opioids, for example, may be highly addictive, while gastrointestinal bleeding has been reported with use of non-steroidal anti-inflammatory drugs (NSAIDS), and high doses of acetaminophen can lead to liver toxicity. There are other treatments, however, that can provide effective pain relief, are non-addictive and well-tolerated.

Don't mix

The effect of some medications can sometimes be increased or decreased when administered in combination with other medication, including prescription and over-the-counter (OTC) drugs, and even food. A health-care professional can advise on any potential interactions between medications.

Quote

"The pain of knee OA can not only impact one's lifestyle, it can also have negative effects on productivity at home and at work, and on emotional health."

Dr. Philip Baer
Rheumatologist.

Don't overdo it

As specified by a health-care professional, when taking prescription and OTC medications, including acetaminophen or ibuprofen, do not exceed the maximum daily recommended limit.

Read and follow the label

Always follow the instructions for use of any prescription and OTC medications. It is also a good idea to address outstanding questions or concerns with a health-care professional.

Talk to a doctor

People with chronic pain should always consult their physician before beginning a new medication.

NEWS CANADA

Best Health

Sunshine, lollipops and ... allergies?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Can you be allergic to sunshine?

Yes, but a true sun allergy— called solar urticaria — is very rare, affecting an estimated 0.5 per cent of people.

"Some 10 per cent of the world's population might have a skin reaction when exposed to the sun," says Dr. Gordon Searles, a dermatologist and president of the Canadian Dermatology Association in the latest issue of Best Health magazine, on newsstands now.

And we're not talking about sunburn here.

The reactions can be broken down into two types: sun allergy and sun sensitivity.

"People with an allergy will break out in hives when exposed to the sun, in the same way that someone who is allergic to shellfish would break out in hives," Searles says.

The reaction is very quick, and the way to treat it is to avoid the sun. But unlike other allergies, it's not life-threatening — just uncomfortable.

Sun sensitivity, on the other hand, is far more common.

It's characterized by little red itchy bumps or patches of redness like a rash, and the reaction is delayed.

It doesn't happen until later in the day or even the day after sun exposure and it can look like an exaggerated sunburn, says Searles.

While some sun sensitivities can be a side effect of certain medications, the most common cause is called polymorphous light eruption, which is an internal immune system reaction to sun exposure.

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The reaction to sun allergy is almost immediate. ISTOCK PHOTOS

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Be a look-good, feel-good mother

Prenatal yoga. Just because you're a mom-to-be doesn't mean you have to slow down your healthy, workout lifestyle

ALISON BOWEN
Metro World News

After advising countless pregnant clients, Kristin McGee is now able to take her own advice.

The celebrity trainer is expecting her first baby in July, and she is keeping fit to feel healthy throughout her own pregnancy.

"Don't be afraid to be a sexy mom," she advises moms-to-be. "Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Prenatal yoga has helped, she says — it's specifically structured with poses that fight the discomforts of pregnancy and highlight relaxation and breathing exercises to cut stress. But avoid deep twists like a seated spinal twist, she cautions.

Embrace your baby bump. ISTOCK PHOTO

In her first trimester, yoga helped ease her nausea, and in the second she slept better, she says, another perk she attributes to yoga.

McGee gave Metro five tips on keeping healthy during pregnancy.

She's certified in yoga and pilates, but even if you don't — or can't — regularly hit the gym, these tips will keep you feeling your best.

Don't burn the tank tops

"Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Kristin McGee
Celebrity trainer

Keep moving.
"You may feel tired, nauseous, low energy throughout your pregnancy, but I promise moving even just in small amounts helps beat fatigue, combat nausea and boost energy."

Do some yoga
"I've continued my practice, and I swear it's helped me not only feel better physically but also mentally. It's also helped me really bond with my body as it changes and my baby as he grows inside of me."

Drink lots and lots of water. Lots.
"This one is hard because the trips to the bathroom become more and more frequent, but it's super important to stay hydrated. Get some naturally flavoured waters like Hint or make a big pitcher and add lemons, oranges, cucumbers and berries to it. I drink a lot of caffeine-free teas that are safe during pregnancy and put them on ice as well. Also, coconut water is very hydrating and helpful."

Tone with Thera-Bands
"These are lightweight yet add resistance. You can sit on the floor, legs straight out in front of you, and loop the band around your feet. Hold each end in your hands and do some low rows, high rows, bicep curls, etc."

Breathe deeply
"Give yourself a few moments each day to connect with your breath and tune in to your body."

Forget counting those sheep before sleep

Sleep problems. Don't spend the whole night tossing and turning, these tips can help you get back to your dream land quickly

Summer's here — the sun is shining and you may be feeling restless and unable to sleep.

Lack of sleep can often come upon us when the seasons shift. The heat and humidity of warmer months can make it difficult for some to sleep, especially for people who don't have air conditioning.

Canadian physicians recognize the importance of a good night's sleep. One way to improve your sleep is to maintain a cool bedroom temperature. Here are some other useful tips.

Ensuring you get a good night's sleep is easier than ever. ISTOCK PHOTOS

Make your day work for you.
Daily exercise and a consistent routine of going to bed and waking up at the same time will help program your body to wind down when it's time to sleep. Calming activities, such as leisure reading, will also help you relax and ease the transition into deeper sleep.

Create a sleep sanctuary.
Dim the lights in the evening to tell your body bedtime is approaching and sleep in a dark room. Your bedroom should be a sanctuary from all the stresses of the day.

Keep it cool, quiet and free from distractions.
While room lights, TV, computers and other electronics illuminate our worlds well beyond nightfall and give us the ability to stay active after dark, scientists are now contemplating how this prolonged exposure to light might interfere with our bodies' naturally-programmed sleep patterns. In other words, computers, cellphones and work assignments should be out of sight.

Have a backup plan.
Lessen the pressures of trying to fall asleep by selecting a calming activity that's right for you. If you're not sleepy, simply get out of bed and do something relaxing in dim light. Return to bed only when you are sleepy.

Talk to your doctor if sleeplessness persists.
Sometimes lifestyle changes and behavioural approaches are not enough to correct the issue.

NEWS CANADA

Sleep aids

A variety of over-the-counter (OTC) medications are available to treat occasional sleeplessness.

- **Get help from meds.** For more tips on getting a better night's sleep, visit zzzquil.ca.

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Just a teaspoon full of orange rind helps the stir-fry to wow

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bow.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approximately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over pasta and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Ingredients

- 10 oz whole wheat lsoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced

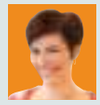
Sauce

- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root

- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chest nuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

Health Solutions

Marinade for protection



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

A marinade does more for your meat than just add flavour. It is also protecting you from carcinogens created when you grill meat. Those blackened marks contain taste but there are also cancer causing agents at play, namely heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). With barbecue season fully upon us, you'll want to know how to protect yourself.

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and preventing charring helps
- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lamb Kebabs for any weather

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a large bowl, mix together the olive oil, garlic, oregano, rosemary, lemon juice, salt and pepper. Add the lamb, toss to coat evenly, then cover and refrigerate for at least 30 minutes and up to 24 hours.

2. When ready to cook, heat the grill to medium high or heat the oven on broil. If using the broiler, line a rimmed baking sheet with foil, then set a metal rack over it. Coat the rack with cooking spray.

3. While the grill or oven heats, make the yogurt sauce. In a small bowl, mix together the yogurt, garlic, lemon zest and juice, chives, cucumber, 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

4. To make the couscous, in a medium saucepan over medium-high, heat the oil. Add the onion and peppers, then sauté for 5 minutes. Add the broth and bring to a simmer. Sprinkle in the couscous, then cover and remove from the heat.

5. To cook the lamb, thread the meat onto kebabs. If using the grill, use an oil-soaked paper towel held with tongs to coat the grates. Set the kebabs on the grates, close the cover and cook for 5 minutes, then turn and cook for another 2 to 3 minutes. If using the broiler, set the kebabs on the prepared pan and broiler for the same time.

6. Fluff the couscous, then divide between serving plates. Set lamb kebabs over each serving of couscous and serve with the yogurt sauce.

THE ASSOCIATED PRESS

Ingredients

For the lamb

- 1/4 cup olive oil
- 6 cloves garlic, minced
- 2 tbsp each chopped fresh oregano and rosemary
- Juice 1 lemon
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 3 lbs lamb loin, cut into 2-inch chunks

For the yogurt sauce

- 6-oz container plain Greek yogurt
- 3 cloves garlic, minced
- Zest and juice of 1 lemon
- 1 tbsp chopped fresh chives
- 1 small cucumber, peeled and finely chopped
- Kosher salt and black pepper

For the couscous

- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 green bell pepper, cored and diced
- 2 cups chicken broth
- 1 cup couscous

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metro News worth sharing.

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Follow the bride's request

She won't be upset if she doesn't have a bachelorette

Hi Charles,
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another.
Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment.
What do I do?
Thank you,
Michelle

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Michelle,
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time.

Stick to your gut feelings as it appears you are on the right track!

Maybe she might enjoy just drinks with the girls without all the usual bachelorette party traditions. ISTOCK

The wedding dress whisperer

In demand. Host of two wedding TV shows, Randy Fenoli seeks big-day perfection and is on a mission to make every girl's dream day a reality

MEREDITH ENGEL
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road — literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers.

Legions of brides turn to Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:
"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

He doesn't believe in bridezillas:
"Brides want everything to be perfect, and it should be! ... I would want it to be perfect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are watching? It should be right."

He goes beyond the dress:
"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

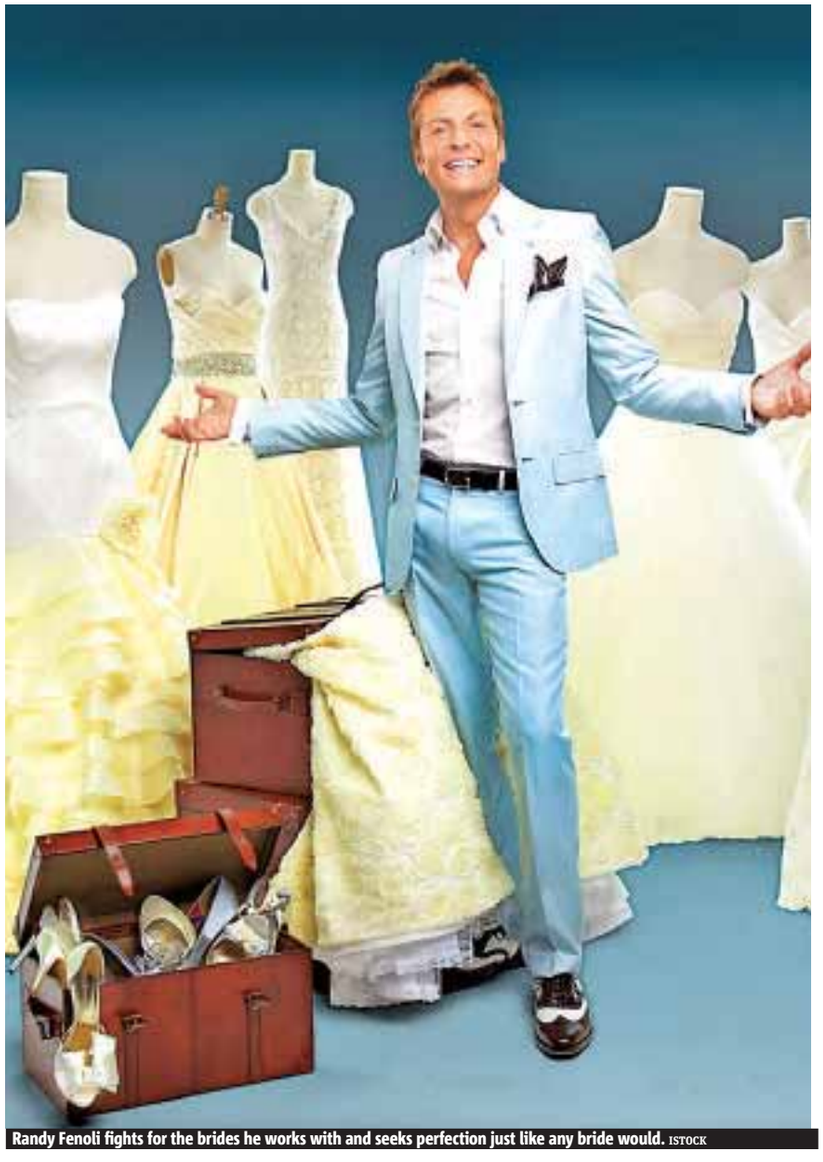
The trick to saying, 'I do'

"Hold the flowers down and low. Don't run down the aisle — just pause for a moment and take it all in. I hear brides say after the wedding, 'It all went so fast, I don't even remember it.' Be in the moment."

Randy Fenoli, TV celebrity and professional wedding consultant.
Dishing out advice to the brides of the future on how to handle themselves walking down that aisle.

Shopping Tips

- **Know your budget.** "You've got to have a wedding budget. If you've allotted $1,000 for the dress and $1,000 for the flowers and you find a dress that's $1,200, you're like, 'OK, what do I do? Maybe you take $200 from your flowers and put it on your dress."
- **Go to a reputable bridal salon.** "You're gonna be working with this person to get your dress and to deliver it and alter it and take care of it. You want to be able to have that peace of mind."
- **Consider your options.** "Go in with a wedding date and a venue. Know what look you're going for ... but also keep an open mind. So many times, brides come in and say, 'I don't want strapless, I don't want lace and I don't want beaded,' and they buy a beaded, lace, strapless dress. I see it every day."



Randy Fenoli fights for the brides he works with and seeks perfection just like any bride would. ISTOCK

SLEEP TIGHT

LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. *– Peter Boyle*

YOU'LL BE DREAMING IN NO TIME

AREKMALANG/VEER

DGMATA/VEER

MOCKER/VEER

Follow these tips to fall into dream land..

1 A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.

2 A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.

3 Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while alcohol can make you drowsy, drinking too much interferes with sleep.

4 Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.

5 Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.

6 Massage. I'll rub your back if you rub mine. A few minutes of massage will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

7 Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.

8 Create an ideal sleep environment. Do whatever you need to promote sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

9 Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend $1,000 on one that you find comfortable.

10 Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

– Peter Boyle

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ANDRESR/VEER

PILLOW TALK

SHIFT WORK CAN PLAY HAVOC WITH SLEEP PATTERNS

Society runs around the clock, requiring some people to work while others sleep. By some estimates, up to 30 per cent of Canadian full-time employees regularly work hours outside the normal range of 7 a.m. to 6 p.m. Today, it's not only doctors, nurses and emergency response personnel who must burn the midnight oil, but also workers in call centres, gyms and casinos.

Without appropriate precautions, however, shift work can be unhealthy, according to Dr. Joti Samra, a clinical psychologist and researcher in Yaletown (Vancouver).

"Many suffer from shift work sleep disorder, a clinically recognized condition that results in chronic insomnia or fatigue" Samra says. "This can lead to a host of nasty illnesses, from cardiovascular disease and hypertension, to gastrointestinal disorders and even some forms of cancer."

According to Samra, three interrelated factors can make shift work unhealthy:

Disruption of the body's natural 24-hour clock: Many of the body's functions — from digestion to body temperature, blood pressure and pulse — are regulated by our so-called body clock.

Adoption or worsening of unhealthy behaviours: Research indicates that shift workers are more likely than others to smoke, drink heavily, eat poorly and have body-weight issues.

Physiological stress: An interruption in sleep stimulates the body to release hormones that can lead to increased feelings of anxiety, depression, irritability and apathy, and decreased levels of concentration and focus. Some research suggests that long-term shift work can cause shrinkage in the two glands (amygdala and hippocampus) that control focus, concentration, morals and values.

The following are sound sleep tips for shift workers:

- Stick to a pattern: Go to bed and wake up at around the same time each day (even on weekends).
- Go to sleep in the dark and wake up to the light (i.e., open the blinds or go outside with your coffee).
- Limit napping (especially if you have trouble falling asleep when you are ready for bed).
- Expose yourself to outside light (i.e., open blinds) upon waking.
- No caffeine within five hours of bedtime.
- No nicotine or exercise within three hours of bedtime.
- Don't drink. Even one drink of alcohol can interfere with the quality and restorative value of sleep.
- Create a consistent and relaxing bedtime routine; make a clear distinction between daytime (alert) activities and bedtime (relaxing) activities.

– Peter McKinnon

MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile 20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

– Jane Doucet

MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

– Jane Doucet

GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women) or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

WONG SZE FEI/VEER

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exercise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

– Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby. It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

– Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

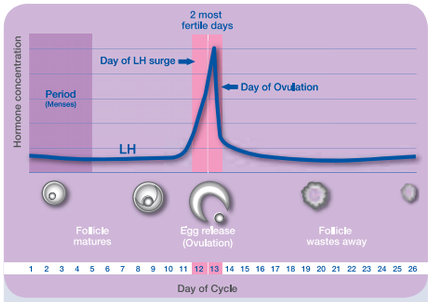
Advertisement

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant[1]. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether[2]. Which eventually makes trying for a baby more tiring than exciting.


2 most fertile days
Hormone concentration
Day of LH surge
Day of Ovulation
Period (Menses)
LH
Follicle matures
Egg release (Ovulation)
Follicle wastes away
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
Day of Cycle

© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle[3]. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days[4] anyway.

Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test[5], from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at **www.clearblue.com**). Once you know your usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

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Please read the information on pack and in the instruction leaflet prior to use.

1 Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 **2** Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) **3** Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 **4** Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 **5** Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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YOUR EMOTIONS ARE NATURAL

BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of Healthy Beginnings: Giving Your Baby the Best Start, from Preconception to Birth.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to so-called mood swings.

ANDRESR/THINKSTOCK

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event," Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad, anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

– Jane Doucet

AGE CAN AFFECT FERTILITY AND PREGNANCY

Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth. According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

– Jane Doucet

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All your cash going in the gas tank?

YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with $2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to $2,322.

For a mid-sized car (Camry LE) the tab rises to just more than $3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at $1.23 a litre.

However, right now only New Brunswick enjoys $1.23 at the pump while all the western provinces — except Alberta at around $1.27 — are well over $1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of $3,500 annually for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

1. Turn off the ignition
Idling shortens the life of engine oil by as much as 75 per cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

2. Soft foot the pedal
Darting away from a stoplight consumes 40 per cent more fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle
Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel consumption. You'll arrive in about the same time and more safely.

4. Don't skimp on maintenance
Regular tune-ups, lubrication and oil changes reduce engine wear and improve gas mileage.

Car culture

Number of cars per 1,000 people:

- Canada. 607
- U.S. 797

5. Check the pressure
Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up
Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between $580 and $750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In debt

Savings strategies for new grads

It's as easy as following the Debt Free sign on the highway of life, right? NEWSCANADA

It was the best of times; it was the worst of times.

That's how it seems for many graduating students these days. Their debts are high and the chance of finding a good paying job appears to be low, according to the leading pundits. They also advise new grads to pay off their school debts as quickly as possible, to start saving for retirement and for the ever-imminent rainy day.

This may all seem very daunting if you're a grad with two or three part-time jobs who's barely scraping enough together for rent. But the experts at Desjardins Insurance have some suggestions on how all these goals can be achieved through careful planning and creativity.

Create a monthly budget. Setting it up will require a bit of effort, but it's worth it in the long run. Remember these tips:

Keep it simple
It should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives
Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to achieve your financial goals.

Be realistic and specific about your spending
Go through your account statements to identify your spending patterns. Each expense item will have its own line in your budget, like housing, groceries, utilities, transportation, school debt payments, entertainment, clothing, etc.

Stay organized
Save all of your receipts and track them against your budget.

Talk to a financial planner to help you define your short- and mid-term savings goals, assess the savings options available to you and get advice on how to get an early start on your retirement savings strategy. One of the best ways of doing this is to take advantage of dollar cost averaging, which is all about using time and consistency to grow your money.

Here's how that would look: Suzanne can contribute $1,200 this year into her retirement savings plan. She can either wait until she's saved up $1,200 and invest it all at once, or contribute $100 each month.

Here's how dollar cost averaging pays off: Lump Sum Contribution: She saves $1,200 by the end of the year and is ready to invest. Suzanne decides to purchase mutual fund shares with a unit price of $5. Her $1,200 buys 240 units.

Regular Contributions: By contrast, Suzanne invests $100 per month through regular payroll deductions.

Because of market fluctuations, the cost per unit changes every month, allowing her to buy a different number of units with her monthly contributions. At the end of the year, Suzanne was able to buy 266 units, valued at $1,330. She's now ahead by $130. NEWS CANADA

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Man advantage a cup final misnomer

NHL playoffs. Penalty killing and goaltending in spotlight as Chicago and Boston prepare for championship series

When it comes to power plays in the Stanley Cup final, the Chicago Blackhawks and Boston Bruins might just prefer to keep going with everyone on the ice.

The two teams left in the NHL playoffs have been lousy with the man advantage and terrific at killing penalties during the post-season.

When the Blackhawks are forced to play a man down, Michael Frolik and Marcus Kruger are so persistent it almost resembles an even-strength situation. And the Bruins have hulking defenceman Zdeno Chara and goalie Tuukka Rask, who is swallowing everything at the net these days.

Heading into Game 1 on Wednesday night, goals on special teams have been so scarce that a couple for either side could tip the series.

"The special teams are kind of key, if you want to (have) success," Frolik said after Chicago held an optional practice on Monday. "We try to talk about it all the time and make sure we're on the same page. It's especially going to be key right now. We've got to make sure we are ready for the challenge."

So far, so good on that front for the Bruins and Blackhawks.

Tuukka Rask makes a save during Bruins practice on Monday at TD Garden in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

Rask up to the task

"We're facing a goalie that in the last round was as good as any of the goalies we've seen over a segment of two years in the playoffs."

Blackhawks coach Joel Quenneville on Bruins goalie Tuukka Rask who has a 1.75 goals-against average and .943 save percentage in the 2013 playoffs. Boston has yielded seven goals in 52 power-play opportunities for an 86.5 per cent kill rate in the post-season.

With Frolik and Kruger tying up the action on top of the zone, Chicago has allowed just three goals in 58 power-play opportunities for an astounding 94.8 per cent kill rate. Los Angeles got two of them in the Western Conference final, but one was a meaningless goal by Tyler Toffoli at the end of the Blackhawks' 4-2 win in Game 2.

The 92.5 per cent finish for the 2000 New Jersey Devils is the best playoff rate for a Stanley Cup champion in the last 25 years, according to STATS.

"I think they do a good job of fronting shots," Boston coach Claude Julien said of Chicago's penalty killers. "You really have to work hard to get the shots through. That's what they are, they're very patient; they're very aggressive when you do lose, I guess, control of the puck and if they feel they can get on you, they'll get on you quick. They've done a good job that way."

Pittsburgh had converted an NHL-best 28.3 per cent of its power-play chances heading into the Eastern Conference final against Boston, but the high-powered Penguins went 0 for 15 with the man advantage during the Bruins' impressive four-game sweep.

THE ASSOCIATED PRESS

Family matters

Kobe's parents apologize for memorabilia snafu

Kobe Bryant reached a settlement with a New Jersey auction house that allows his mother to sell a small amount of his memorabilia, while also getting an apology from his parents, who thanked him for his financial support.

Kenneth Goldin, founder of southern New Jersey-based Goldin Auctions, said Monday that his company and the Los Angeles Lakers star had reached a settlement. Through a publicist, an attorney for Bryant also confirmed the dispute had been resolved.

Citing a confidentiality agreement, Goldin wouldn't discuss details of the settlement beyond identifying the six items to be auctioned, including two uniforms worn by Bryant in high school and two 2000 NBA championship rings Bryant gave to his parents.

THE ASSOCIATED PRESS

Patriotic duty

Tebow New England-bound, sources say

A person familiar with the situation says quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

NHL. Eakins determined to make Oilers a contender

The Edmonton Oilers officially announced Dallas Eakins as their new head coach on Monday, replacing the fired Ralph Krueger.

Eakins is the fourth coach in the past five seasons for the Oilers, who have not made the playoffs since reaching the Stanley Cup final in 2006.

"This isn't about winning one game or winning one season," Eakins said. "We want to be in the mix every year to win."

The 46-year-old Eakins spent the past four seasons with the AHL's Toronto Marlies, reaching the Calder Cup final in 2012. THE CANADIAN PRESS

Dallas Eakins was introduced as the Oilers' new head coach in Edmonton on Monday. THE CANADIAN PRESS

NHL

Sens add to pool of picks, sending Gonchar to Big D

The Dallas Stars announced the signing of defenceman Sergei Gonchar to a two-year deal worth US $10 million.

The Senators traded the 39-year-old's rights to Dallas for a sixth-round pick that was conditional on Gonchar agreeing to a contract with the Stars. Ottawa now has seven selections in this year's draft. THE CANADIAN PRESS

MLB. Encarnacion ready for another all-star snub

Despite continuing to rank among the game's top sluggers, Toronto's Edwin Encarnacion is in danger of once again being snubbed by baseball's Midsummer Classic.

Listed on the all-star ballot as a designated hitter, Encarnacion is currently fourth in fan voting behind Boston's David Ortiz, Texas' Lance Berkman and Cleveland's Mark Reynolds.

Among the foursome, Encarnacion has the most hits, home runs and RBIs.

Focused on the field

"I'd like to be there ... but it's something I can't control."

Blue Jays slugger Edwin Encarnacion

Ortiz leads the way in batting average, as well as on-base and slugging, but he has played 17 fewer games. Encarnacion is the only one in the group who hasn't missed a game this season. TORSTAR NEWS SERVICE

Horoscopes

♈ Aries
March 21 - April 20
You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

♉ Taurus
April 21 - May 21
Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

♊ Gemini
May 22 - June 21
Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

♋ Cancer
June 22 - July 23
Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

♌ Leo
July 24 - Aug. 23
A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

♍ Virgo
Aug. 24 - Sept. 23
You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

♎ Libra
Sept. 24 - Oct. 23
Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

♐ Sagittarius
Nov. 23 - Dec. 21
Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

♑ Capricorn
Dec. 22 - Jan. 20
How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

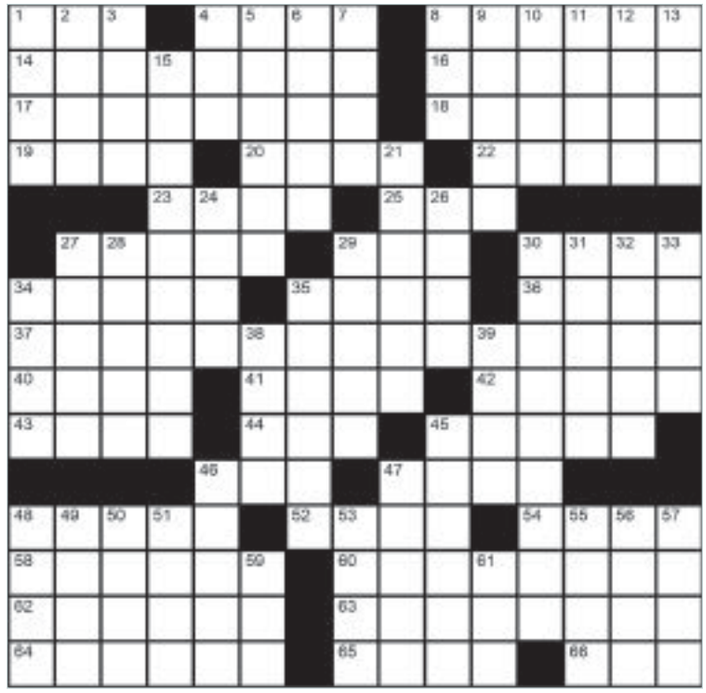
♒ Aquarius
Jan. 21 - Feb. 19
Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

♓ Pisces
Feb. 20 - March 20
Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it it. Not everyone can be a big-hearted Pisces. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



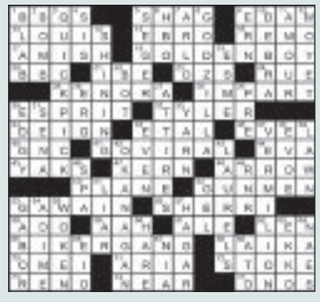
Across

1. _ __ vapeur (Steamed, restaurant style)
4. Ontario's Casino __
8. Piles
14. Tires company
16. Esoteric
17. __ Sea (Arctic Ocean part)
18. Cape __, Nunavut
19. "Correct me __ __ wrong, but..."
20. Canada Geese flying formations
22. __ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. __ a fox: 2 wds.
35. Remarked
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick __, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the _-__"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth: Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian __ (Region of rocks)
65. Week parts
66. Bob __ (Liberal politician)

Down

1. Prefix to 'dextrous' (Skilled at right/left hand use)
2. Poet's 'willingly'
3. Health food berry
4. CFL official
5. Billy Idol's "To Be _ __"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All _ __ of You"
26. Kim Mitchell hit: "Go for __"
27. Miss __, "Dallas" matriarch
28. The Gershwins musical, __ __ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "__ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street __" (1987 to 1994 Canadian series)
47. Princess __, William and Harry's mum
48. Regrettably
49. Hope for
50. __-aging cream
51. Unique
53. Music style, __ rock
55. Roman road
56. Author, __ Neale Hurston
57. Newfoundland: L'__ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	5	9	2	8	3	6	7
9	2	3	6	7	1	5	4	8
7	8	6	4	3	5	1	2	9
6	3	1	8	4	7	2	9	5
4	7	8	2	5	9	6	1	3
2	5	9	1	6	3	7	8	4
8	1	7	5	9	6	4	3	2
3	6	4	7	8	2	9	5	1
5	9	2	3	1	4	8	7	6

	5	3	6		8	9	4	
2	8						1	3
		7	2		6	4		
	2			8			7	
		9	5		7	3		
4	7						9	2
	3	1	4		2	8	6	

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VIJAY IYER LEE FIELDS AND MORE!

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CORAL EGAN
ANDY SHAUF
SUZIE VINNICK
DATA ROMANCE
WE WERE LOVERS
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YOUNG BENJAMINS
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